

# Spanish Quiche

Meal Components: Vegetable, Grains, Meat / Meat Alternate

Main Dishes, D-08A

Ingredients	24 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched 9-inch pie shells, unbaked (B-23)	3 lb 6 oz	4 each	6 lb 12 oz	8 each	<div><div>1.</div>For pie crust use recipe Bottom Pastry Crust (see recipe B-23). Prick the bottom and sides of pie shells.</div> <div><div>2.</div>Bake pie shells until lightly browned: Conventional oven: 425° F for 5-7 minutes Convection oven: 400° F for 5 minutes Reserve for step 5.</div>
*Fresh onions, chopped	4 oz	2/3 cup	8 oz	1 1/3 cups	
OR		OR		OR	
Dehydrated onions		1/4 cup 2 Tbsp		3/4 cup	<div><div>3.</div>In a small pan, sauté onions and green pepper in margarine or butter until tender, about 3-5 minutes. Set aside to cool.</div>
*Fresh green peppers, diced	9 oz	1 3/4 cups	1 lb 2 oz	3 1/2 cups	
Margarine or butter	3 oz	1/4 cup 2 Tbsp	6 oz	3/4 cup	
Lowfat 1% milk		1 qt		2 qt	
					<div><div>4.</div>In a bowl, combine milk, eggs, salt, pepper, oregano, paprika, parsley, and basil. Add onion</div>

Frozen whole eggs, thawed	12 oz	1 1/2 cups	1 lb 8 oz	3 cups	
OR		OR		OR	
Fresh large eggs		7 each		14 each	
Salt		1/2 tsp		1 tsp	
Ground black or white pepper		1/2 tsp		1 tsp	
Dried oregano		1/8 tsp		1/4 tsp	
Paprika		1/8 tsp		1/4 tsp	
Dried parsley		1/2 tsp		1 tsp	
Dried basil		1/8 tsp		1/4 tsp	
Enriched dry bread crumbs	5 1/2 oz	1 cup	11 oz	2 cups	<b>5.</b> Combine bread crumbs and shredded cheese. Sprinkle 1 cup 3 Tbsp of this crumb mixture in the bottom of each baked crust.
Reduced fat cheddar cheese, shredded	15 oz	3 3/4 cups	1 lb 14 oz	1 qt 3 1/2 cups	
Canned diced tomatoes, with juice	1 lb 2 oz	2 cups 3 Tbsp	2 lb 4 oz	1 qt 1 1/8 cups	<b>6.</b> Pour 4 1/2 oz (1/2 cup 2 1/4 tsp) of tomatoes over the bread crumbs and cheese in each crust.  <b>7.</b> Pour 15 oz (2 1/4 cups) of egg mixture over the

Reduced fat cheddar cheese, shredded	8 oz	2 cups	1 lb	1 qt	<b>8.</b> Top each quiche with 2 oz (½ cup) Cheddar cheese and 1 oz (3 Tbsp) green peppers.
*Fresh green peppers, diced	4 oz	¾ cup	8 oz	1 1/2 cups	
Canned corn, whole kernel liquid packed, drained	1 lb 1 oz	¾ cup	2 lb 2 oz	1 1/2 cups	<b>9.</b> Pour 4 ¼ oz (3 Tbsp) corn over egg and tomato mixture in each pie crust.  <b>10.</b> Bake: Conventional oven: 375° F for 40 minutes Convection oven: 350° F for 35 minutes Bake until knife inserted in center comes out clean. CCP: Heat to 155° F or higher for at least 15 seconds.  <b>11.</b> CCP: Hold for hot service at 135° F or higher. Cut each pie into 6 slices. Portion is 1 slice.

Notes
* See Marketing Guide

Marketing Guide		
Food as Purchased for	24 Servings	24 Servings
Mature onions	5 oz	10 oz
Green peppers	1 lb 1 oz	2 lb 2 oz

Serving	Yield	Volume
1 slice provides the equivalent of 1 ½ oz of cooked lean meat, ¼ cup of vegetable, and the equivalent of 2 slices of bread.	<b>24 Servings:</b> 9 lb 5 oz	<b>24 Servings:</b> 4 pans
	<b>48 Servings:</b> 18 lb 10 oz	<b>48 Servings:</b> 8 pans

Nutrients Per Serving					
Calories	343	Saturated Fat	6.93 g	Calcium	329 mg
Protein	14.42 g	Cholesterol	77 mg	Sodium	560 mg
Carbohydrate	27.72 g	Vitamin A	746 IU	Dietary Fiber	1.5 g
Total Fat	19.88 g	Iron	1.96 mg		